Squadron Alcohol Skills Intervention Curriculum

If one day,
God appeared and said

There will no longer be any

Booze,

Cigarettes,

Or

SEX

Brought to you by:

Paul Townsend

How would you react ?

EXPEDITIONARY PLAN

USAF Binge Drinking Reduction Campaign

Accessibility

Alcohol-Alternative Activities

Education & Monitoring

MWR Campaign ***Alcohol***

Deglamorization

Promoting Alternatives

Campaign

09/28/2003

Research Team

- Naval Health Research Center
- University of Washington
- San Diego State University
- University of California, San Diego

What is SASIC Training?

- **Squadron Alcohol Skills Intervention Curriculum**
  - **Junior Airman**
  - **Role of the Section Leader**
  - **Support from Senior Leadership**
- **Builds responsible habits**

SUPERVISORS' TRAINING SESSIONS

- Session 1 - Techniques/Components of SASIC Training
- Session 2 – Follow-up/Discussion
- Booster Sessions

Section Training: Two Sessions

- Small group
- 90 minutes in length
- Guided Discussion
  - Presentations by Section leader
  - Reactions/discussion/resistance
- “Homework” assignments

Techniques

- Discussion vs. Lecture
- Taking Advantage of Leadership Role
- Listening and Understanding
- Don’t Argue
- Support Positive Change

Orientation

- Describe SASIC Training's Philosophy
- A Note on Abstinence
- Describe the Structure of SASIC Training
- Discuss Confidentiality

Orientation

- Encourage Airman to Share Stories of their Experiences with Alcohol
- Generate a List of “Pros” and “Cons” of Drinking

EXAMPLES OF PROS/CONS

VODKA

WWW.DORWEILER.COM

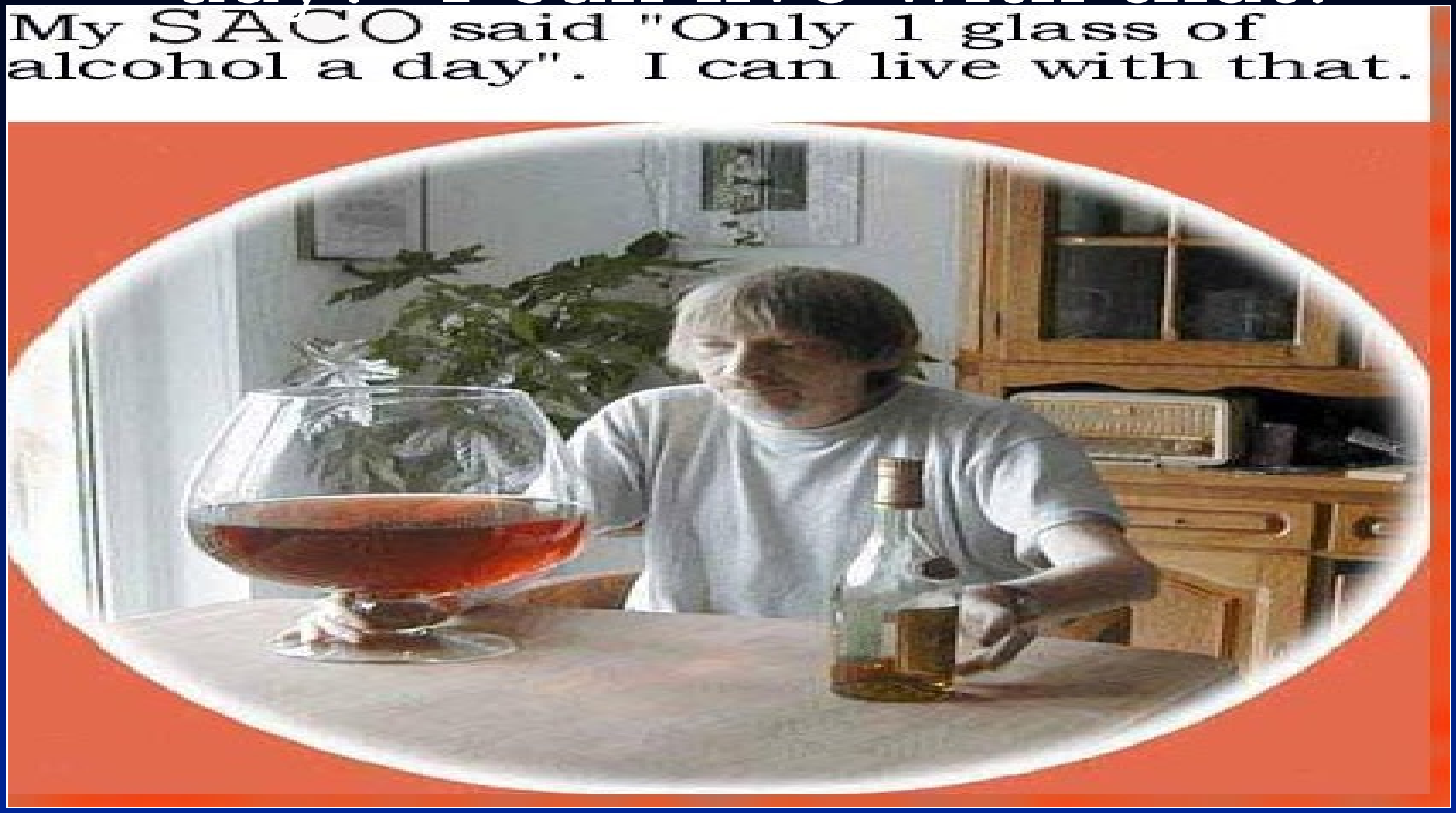
ZNALEZIONE NA
WWW.JOEMONSTER.ORG

DELAWARE

Review of Alcohol Information

- Explain what is meant by a “Standard” Drink
- Basic Alcohol Knowledge
- Blood Alcohol Level (BAL)

Only one glass of alcohol a day? I can live with that!

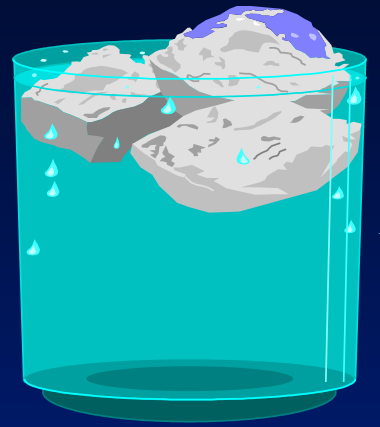


A Drink =
1/2 oz of alcohol

12 oz.

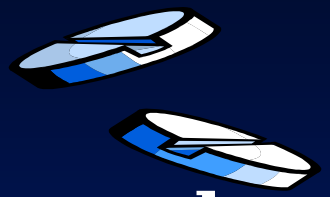
5 oz.

1.5 oz.



More than a drink: Long Island Iced Tea, Zombie, Magarita, Shooter, Martini, 151 rum, etc.

Alcohol the Substance



- A DRUG – do we treat it as a drug?

- A FOOD – 170 “empty” calories
- A TOXIN – Acetaldehyde

BASIC ALCOHOL KNOWLEDGE

- Hangover

How Alcohol Works

- Liver processes about ½ oz of alcohol per hour
- Excess released into bloodstream
- Chemicals released in brain cause the “high”
- Synergistic effect when combined with other drugs

BASIC ALCOHOL KNOWLEDGE CONT'D

***Pass outs vs. Blackouts**

***What is tolerance?**

Signs and Symptoms

- Problems **- marital, family, financial, legal, relationships, responsibility, work etc.**
- Denial
- Blackouts
- High tolerance

Bottom line: If drinking causes problems, drinking is a problem

Effects of Alcohol Chart

.02-.03% No loss of coordination. May experience slight "buzz" and loss of shyness.

.04-.06% May experience a "buzz,", feeling of well-being, relaxation, lowered inhibitions, sensation of warmth, minor impairment of reasoning and memory, lowering of caution.

.07-.09% Legally intoxicated in **most** states. May experience a "buzz," slight impairment of balance, speech, vision, reaction time, hearing. Also experience reduced judgment and self-control. Definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.

.10% Clear deterioration of reaction time and control. Legal Intoxication.*

[* 10% is at or beyond the legal limit in all 50 states.]

Effects of Alcohol Chart (continued)

.10-.12% May experience a buzz, significant impairment of motor coordination, loss of good judgment, slurred speech, impaired balance, vision, reaction time and hearing.

.13-.15% The buzz is reduced. Replaced with anxiety and restlessness. Gross motor impairment, lack of physical control, blurred vision, major loss of balance. Risk of blackouts and accidents.

.16-.24% Anxiety and restlessness predominates. Nausea may appear. “Sloppy drunk.”

.25-.29% May experience anxiety and restlessness, total mental confusion. Need assistance in walking. Nausea and vomiting.

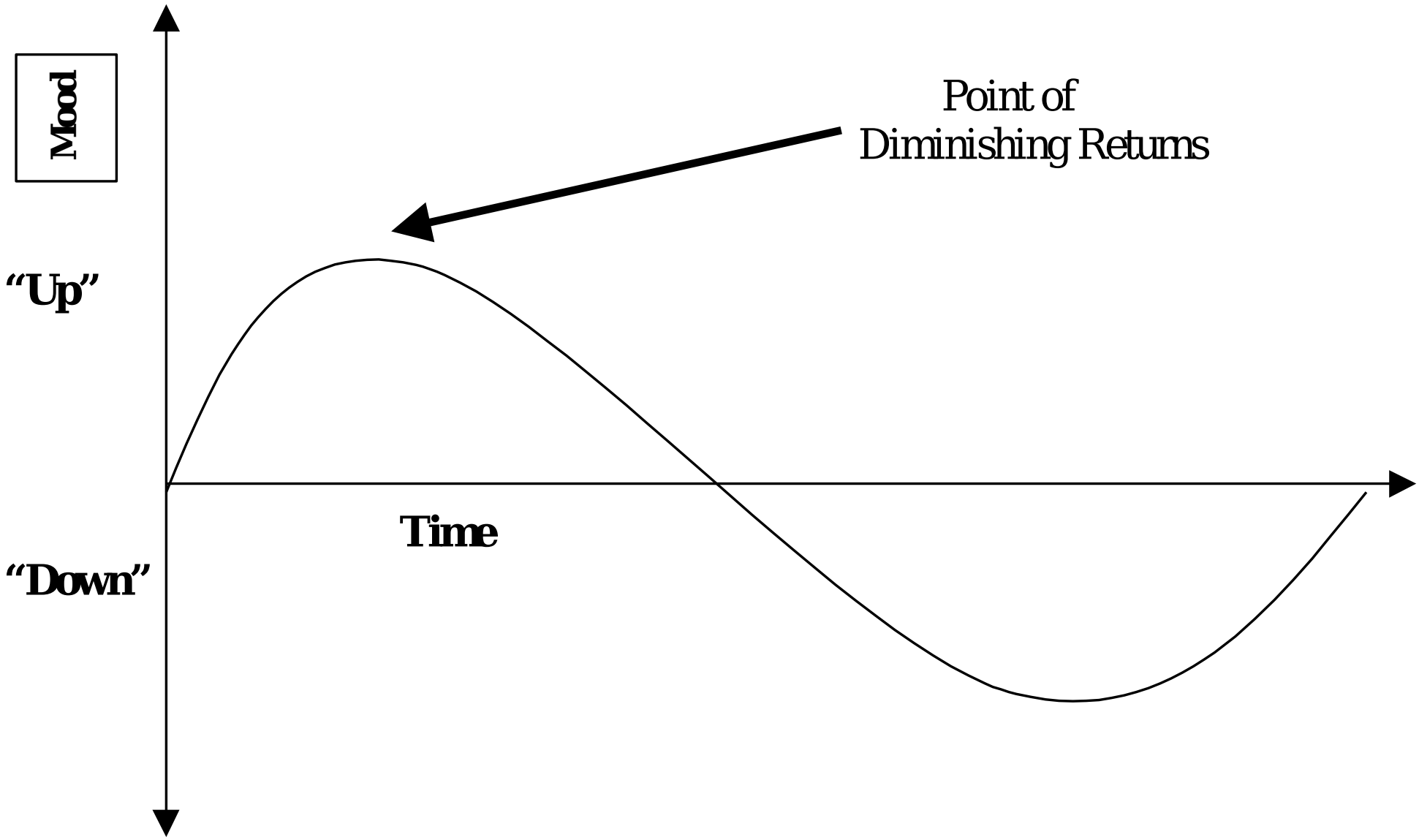
.30-.39% May experience loss of consciousness

.4% and up May experience onset of coma. Death due to respiratory arrest

The Up and Down Effects of Alcohol

- Effects of Alcohol Change Over Time
- Introduce Up/Down Curve
  - Effects change over time, first up then (ultimately) down
  - Cultural myth about alcohol
  - Point of diminishing returns
- Discussion

The Up/Down Response to Alcohol



Underage Drinking

- Ask if anyone has been or knows someone who has been punished for underage drinking.
- Ask why Airman who are underage drink
- Clarify what they can lose if caught underage drinking

MONEY AND ALCOHOL

Alcohol and budgets (est. annual alcohol expense)

Avg number of drinks per week
24

Avg cost per drink
$3.00

Total cost per week
$72.00

Self-Tracking Drinking Behavior

- How to Keep Track of Drinking
- Clarify the Goals of this Assignment and Emphasize that Drinking is NOT Required
- Estimating the Financial Cost of Alcohol

Date	Time	Drink Type	Number of Drinks	Where	Comments
Mon	19:00	Beer	3	Barracks	Watching videos
Mon	20:30	Beer	2	E-Club	
Wed	18:00	Margarita	2	E-Club	Birthday party
Wed	23:00	Kamikaze	3	Barracks	Came off late duty
Fri	11:00	Wine cooler	4	Barracks	Just hanging out with the guys
Sat	16:00	Liquor Punch	4	Beach	Unit Party
Sun	19:00	Beer	5	Downtown	Watching football game at Trophy's

Feedback from Self-Tracking Exercise

- Ask the Airman what they thought about the Self-Tracking Exercise
- Discuss experience of tracking/re-create weekly drinking pattern
- Introduce BAL Chart
- BAL cards - relate to BAL and effects, up and down effect, tolerance
- Review cost exercise

Number of Drinks	Number of Hours									
	0	1	2	3	4	5	6	7	8	9
1	.023	.007	0	0	0	0	0	0	0	0
2	.046	.030	.014	0	0	0	0	0	0	0
3	.070	.054	.038	.022	.006	0	0	0	0	0
4	.093	.077	.061	.045	.029	.013	0	0	0	0
5	.117	.101	.085	.069	.053	.037	.021	.005	0	0
6	.140	.124	.108	.092	.076	.060	.044	.028	.012	0
7	.164	.148	.132	.116	.100	.084	.068	.052	.036	.020

Follow-up on Underage drinking

- Ask what they are prepared to give up to drink underage.
- Ask if they (underage Airmen) learned anything from this course (Alternative Activities, legal consequences) about making good solid decisions.

SASIC Training Video

- Purpose
  - To serve as a motivating mind-opener for junior enlisted members to consider their drinking alternatives
- Content
  - Testimonials
  - Live clips

SASIC Training Video

Main Teaching Points

- Airman can drink less
- Make the most of your time in the Air Force
- Show the impact of heavy drinking on career and others
- Portray alternatives to heavy drinking
- Show negative consequences of heavy drinking
- Reinforce that Airman look out for

Looking at Expectancies

- What do you expect from alcohol?
- Address “Physical” Effects (Goggles)
- Address Social Effects
- Address the Role of Environment
- Address “Psychological” Effects
- Conclusion

Risk Reduction Tips

- Outline Safe Drinking Guidelines
- Ask Airman to identify ways to moderate or discontinue their drinking
- Provide specific tips for reducing the risk from alcohol

Risk Reduction Tips Cont'd

- Provide specific tips for reducing risks associated with alcohol and sex
- Provide specific tips for avoiding drinking and driving
- Discussion of other things to do

Goals and Wrapping It Up

- Summary
- Questions and Answers
- Discussion of the Future
- Feedback about the Training Program
- Discuss Referral Options

Ongoing Role of the Section Leader

- Support Positive Change
- Providing or Encouraging Alternative Activities
- Concerned Leadership vs. Intrusive Meddling
- Recognizing and Referring a Problem
- Leading by Example
- Providing Booster Sessions

Support Positive Change

- Awareness is the key
- Recognize positive behaviors
- Notice and encourage responsible behavior

Alternative Activities

- Physically demanding activities (scuba, rock climbing)
- Tours of the local community
- Participation in team sports
- Volunteer activities in the community
- Paintball tournaments or challenges
- College courses

Concerned Leadership vs. Intrusive Meddling

- Looking out for the health and safety of your people
- Being a modifying presence in the dorms
- Letting your Airman know that you are holding them to your standards

Recognizing and Referring A Problem

- Not a counselor, not a cop, but a leader
- Repeated incidents and high risk behaviors
- Non-response to suggestions or observations
- Alcohol use is the central focus of social and recreational activities
- Tolerance, withdrawal, impaired

Alcohol and Depression

- Alcohol is a depressant drug
- Depression is underlying cause of suicide
- Alcohol plays major role in suicides of the:
  - Occasional user
  - Abuser
  - Alcohol dependent

Address signs of depression immediately

Take ALL suicide talk seriously.

Reach out and get immediate help

Leading by Example

- Who did you look up to as a junior Airman?
- Do a reality check on your behaviors
- Are you raising the bar or lowering it by your actions?
- Continue to work with other leaders for feedback and

AVAILABLE RESOURCES

ADAPT PROGRAM
277-5291

Drug Demand Reduction Program
277-1354

Office of Special Investigations (OSI)
277-2208

Employee Assistance Program (800)
222-0364

AADD 277-
6006

RESOURCES (CONT'D)

- www.whitehousedrugpolicy.gov
- www.theantidrug.com
- www.nida.nih.gov
- www.health.org
- www.sober24.com

Demand Reduction Selection Process

The Selection Process

- **Air Force Drug Testing Program (AFDTP)**
  - **Computer Based Program**
  - **Selects the testing day**
  - **Selects the personnel to be tested**
- **Drug Demand Reduction Personnel**
  - **Inquire the computer daily**
  - **Print out Rosters, labels and notification letters**
  - **Contact unit POC’s (Trusted Agents)**

Points of Contact

- Please contact Mrs. Gwen Turner at (661) 277-1355 or (661) 275-3395.
  - Or email at: gwendylon.turner@edwards.af.mil
  - Or TSgt Christine Williams at ADAPT

    (661) 277-5291

QUESTIONS?